



Hello Abbeyfield Supporters!

We're delighted to bring you another newsletter from our Abbeyfield Western Bay of Plenty Committee! First of all, may we wish you all a very happy Christmas; and thank you all for your interest and your support in 2019.

It's been a long year for the team – we've worked hard and learned a lot! There have been a few changes too.

A key change is that we are now a registered society officially registered as Abbeyfield Western Bay of Plenty, and we are in the process of applying to become a registered Charity and to become affiliated to Abbeyfield NZ.

We recently held an open meeting with our supporters and people who have indicated their interest in becoming tenants. At this meeting 18 people signed up as members and signed the documentation for us to register for incorporation. It was a very positive meeting and it was good to share what has been achieved in the past year and our plans for 2020.

In this newsletter we'll tell you how we're going and we've also included some interesting articles, reports and research relating to housing for older persons.

FUNDRAISING

After a lot of research, proposal writing and meetings with potential funders such as TECT and BayTrust, we've been advised that we will have to raise at least two thirds of the funds needed to build an Abbeyfield House in Katikati. Once we've done that we can look to the larger philanthropic trusts to help out with the additional funding required. Funders do like the Abbeyfield model and they will look positively at assisting us in the future. We are now in a position to seriously begin fundraising. We have a three-pronged approach to fundraising and this will begin early in 2020.

We now have three approaches to fundraising.....

Community Action Team

Firstly, we have our **Community Action Team**. Pauline van Rijen, along with Elizabeth and Bill Rae and other volunteers who help out, are on fire! Our Produce Stall participates in various markets in the district and is present at the

Friday Katikati Plant and Produce Market

Every Friday afternoon from 3:30pm to 6pm at the **Katikati A & P Showgrounds** on Waterford Road.

This team provides us with the funds for the work we need to do at this time and, thanks to this team, our funds are slowly but steadily growing.



Our Produce Stall All Set Up and Ready to go...

Contact Pauline van Rijen on **07 549 2449** or **021 028 94793** if you can help.

Strategic Team - “Big Ticket” Funding

Carole Parker, Isabel Ford and Richard Still comprise our “Big Ticket” team. To date they have prepared a comprehensive proposal and presented it to TECT and to BayTrust. They were very ably assisted by Susan Jenkins, Executive Officer, Abbeyfield New Zealand. Susan also met with our committee and this was an informative, helpful and encouraging session.

The Strategic team have also met with other groups and individuals who have provided advice, recommendations and assistance with our plans for sourcing funding.

Medium Level Funding Team

Our third level of funding is focused on Pledging and other forms of medium-level giving. This level of funding is inclusive of individuals and small trusts, for example, who have discretionary funds available for worthy causes such as ours.

CAN YOU HELP?

If you support the Abbeyfield concept then now is the time to pledge your support for an Abbeyfield House in Western Bay of Plenty. For more information on the Abbeyfield concept and on our Abbeyfield Western Bay of Plenty project, please see www.abbeyfield.co.nz

Of course, we'd love to hear from you too so please don't hesitate to email us at abbeyfieldkatikati@gmail.com or come and talk to us:

Carole Parker 027 457 9686

Isabel Ford 027 351 3444

Richard Still 07 549 2577

Story of an Abbeyfield Champion

Jim Peterson is an Abbeyfield Champion and Supporter! He now works at Tauranga Professionals Realty and if a sale is referred to him by an Abbeyfield supporter in our region then he will give 20 per cent of the commission to Abbeyfield Western Bay of Plenty! If you have friends or family looking for Real Estate help then you can help us by asking them to contact Jim on **0800 220 012**.

Jim spells it out. “\$21,500 to five different charities in 15 months,” says the 27-year realtor. “I have always maintained that half a sandwich is better than no sandwich! It is business I wouldn’t have got, and I am helping the community. It’s a win-win!”

0800 220 012



Jim gives away a percentage of each sale.

Jim covers the Tauranga City area so, if you as an Abbeyfield supporter, refer business to Jim and he sells the house for \$670,000 (inc. GST) then his donation (20% of commission) to our Abbeyfield Katikati fund would be \$3,864 (inc. GST)! That's amazing!! This is a real and massive chance for you to support us, thanks to Jim's generosity.

Note from Our Chair

Carole Parker, our Abbeyfield Western Bay of Plenty committee chairperson, attended the national Abbeyfield New Zealand conference this year.

It was a real eye opener for Carole and she learnt an amazing amount about setting up, running and managing an Abbeyfield. The following eight points, among many, were key for Carole:

- First Abbeyfield home in New Zealand, in Nelson, turned 25 in 2019!
- There are an increasing number of people who were renting homes who are now moving into Abbeyfield Houses. Until recently the majority of residents had been homeowners. The rising price of rentals and the great demand for homes for families mean that older people who are renting are a much lower priority and struggle to afford the high rents. An Abbeyfield Home provides them with an affordable lifestyle.

- A third of residents have said their health has improved since moving in to an Abbeyfield House.
- Abbeyfield houses have waiting lists. In one instance the waiting list is so long that the Board now tell people who enquire that they are not adding more people to the list because it gives people false hope that they will be accommodated in the near future. The demand for this type of accommodation is high and growing.
- The national office has online resources that can be easily accessed to assist organisations to set up, run and manage a house. These guidelines are well proven strategies and polices that ensure the success of Abbeyfield Houses.
- Getting the right Housekeeper is vital, they need to be more than just a cook, they need to know how to interact with people, and how to encourage people's independence and wellbeing.
- It's important that prospective tenants live in the house for a week or two before they are accepted (or declined) as a resident. That way they can see how they like this type of living. It's also an opportunity to ensure that the prospective new resident is a fit with the other tenants.
- All the participants at the conference were passionate about Abbeyfield Houses and were very supportive and positive about the journey that the Western Bay Abbeyfield team are undertaking to establish an Abbeyfield House in Katikati. They all offer their support and guidance should we request it.

While Carole was in Nelson she also visited both Abbeyfield Houses and found wonderfully warm and friendly homes. The housekeepers were welcoming and delicious smells were coming from the kitchens!

Each house was uniquely different and the residents were very happy to show off their units. The units reflected each owner's individuality and were very spacious. Each home had extensive vegetable gardens with the housekeepers using the produce for meals. As well, each unit had lovely gardens outside their patio areas.

What was interesting was that each of the houses was based in a residential area and, other than the sign outside that said they were an Abbeyfield House, there was nothing to distinguish them from the houses around them other than they are a bit larger than most homes.

Carole added: "Seeing these two lovely homes just confirms how valuable they are in providing secure, affordable, healthy homes for independent older people."

The Need for Abbeyfield Houses

Looming Housing Crisis for Over 65s - Retirement Commissioner Warns

6 August 2018 - *Robin Martin, Reporter @robincharles robin.martin@rnz.co.nz*

The retirement commissioner is warning of a looming housing crisis for the over 65s as home ownership rates decline while the number of pensioners is set to almost double over the next 20 years.

Currently 70 percent of New Zealand's 750,000 over 65s own their own home, but Dianne Maxwell said she feared for people who had been unable to get on the property ladder and those who have been bumped off due to ill-health or relationship break-ups.

Ms. Maxwell said as the population aged and people lived longer, an integrated government strategy was needed to prevent more elderly people from falling into hardship.

LiLACS Research (summary from Ineke Riley)

People in advanced age are the fastest growing population group in New Zealand, projected to grow from 1% to 8% of the population by 2050.

LiLACS NZ longitudinal study was started in 2010 by the School of Population Health at the University of Auckland. For more information about the LiLACS research see:

www.fmhs.auckland.ac.nz/en/faculty/lilacs/community.html

The goals of the research are to help people to plan better for their own health and wellbeing in later life, to allow elderly New Zealanders to share their wisdom with future generations, and to inform the development of local and national policies to benefit older people.

People of advanced age engaged in LiLACS NZ are mostly independent and living in the community. They make contributions to whanau and family (grand parenting) and to communities and society (professional and leadership roles, roles in Maori cultural activities and organisations, voluntary organisations, working in opportunity shops, etc.).

They hold heritage, knowledge and tikanga, they volunteer and they sometimes still engage in paid work - they may be caregivers as well as recipients of care.

The ability to give care or assistance may stem from better health and functional ability but, importantly, giving may also contribute to maintaining physical health and function.

Support for independent living or 'aging in place' has successfully slowed demand for institutional care. Physical decline is not inevitable following periods of ill health in advanced age. Quality of life in advanced age may not necessarily be affected by changes in functional status.

Support services can protect and maintain health related quality of life. Formal and informal care may be in tandem with other care and may also provide another source of information on the care given to the LiLACS participants.

Effective treatments for depression in advanced age may lead to improved health and to less health services being needed by those with chronic physical conditions. They may also lessen the burden of depression itself.

The take away information from this part of the research is that to live well in later life we need to stay connected to family and community, to care for others and to be cared for when needed; and to see the GP when feeling depressed.

A questionnaire was sent to all the residents in Abbeyfield Houses in New Zealand.

The results tell us that the average age of Abbeyfield residents is that of people in advanced age, around 85. They continue to live and to be involved with their family and their community.

They contribute and volunteer and they also give and receive care from each other. They have quality of life and are not a burden to society.

People of advanced age are the biggest growing population group in New Zealand. The 2013 census tell us there are 73,317 people aged 85 and over. Population projections are that by 2038 the 85+ age group will have tripled to 218,800.

'Aging well' has become a phrase often used in policy documents and research.

The Abbeyfield House concept fits in well with the phrase 'aging well'. It provides an affordable home for older people who want to be socially connected, stay part of their community and want to age well. Residents from an Abbeyfield House move into residential care later than those living alone in the community.

NEWSLETTER SUMMARY

As per our first newsletter, Abbeyfield Houses are self-sustaining and provide their residents with affordable benefits:

- **Regular, nourishing meals**
- **Assistance and support**
- **Freedom from garden maintenance**
- **Freedom from house maintenance**
- **Most importantly, the feelings of being valued and respected, of being validated and included.**
- **Security**
- **Compatible company**
- **Privacy**
- **Peace of mind**

Our mission is to raise the necessary funds to build an Abbeyfield in Katikati! As our Prime Minister would say, "Let's do this!" We're excited and energised by this project and we hope you are too. And, if you can help in any way, please get in touch - we need all the help we can get!